



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15031, Fish, grouper, mixed species, raw

Report Date: June 25, 2017 18:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 259g
Proximates						
Water	g	79.22	6	0.478	67.34	205.18
Energy	kcal	92	--	--	78	238
Energy	kJ	385	--	--	327	997
Protein	g	19.38	6	0.457	16.47	50.19
Total lipid (fat)	g	1.02	7	--	0.87	2.64
Ash	g	1.17	5	0.014	0.99	3.03
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	27	5	4.075	23	70
Iron, Fe	mg	0.89	5	0.015	0.76	2.31
Magnesium, Mg	mg	31	3	0.580	26	80
Phosphorus, P	mg	162	5	--	138	420
Potassium, K	mg	483	3	9.220	411	1251
Sodium, Na	mg	53	4	9.409	45	137
Zinc, Zn	mg	0.48	51	0.030	0.41	1.24
Copper, Cu	mg	0.020	52	0.002	0.017	0.052
Manganese, Mn	mg	0.014	3	0.001	0.012	0.036
Selenium, Se	µg	36.5	--	--	31.0	94.5
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.070	2	--	0.060	0.181

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 259g
Riboflavin	mg	0.005	2	--	0.004	0.013
Niacin	mg	0.313	1	--	0.266	0.811
Pantothenic acid	mg	0.750	--	--	0.637	1.942
Vitamin B-6	mg	0.300	--	--	0.255	0.777
Folate, total	µg	9	--	--	8	23
Folic acid	µg	0	--	--	0	0
Folate, food	µg	9	--	--	8	23
Folate, DFE	µg	9	--	--	8	23
Vitamin B-12	µg	0.60	2	--	0.51	1.55
Vitamin A, RAE	µg	43	--	--	37	111
Retinol	µg	43	--	--	37	111
Vitamin A, IU	IU	143	--	--	122	370
Lipids						
Fatty acids, total saturated	g	0.233	--	--	0.198	0.603
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.012	2	--	0.010	0.031
16:0	g	0.169	2	--	0.144	0.438
18:0	g	0.049	2	--	0.042	0.127
Fatty acids, total monounsaturated	g	0.202	--	--	0.172	0.523
16:1 undifferentiated	g	0.027	2	--	0.023	0.070
18:1 undifferentiated	g	0.145	2	--	0.123	0.376
20:1	g	0.029	1	--	0.025	0.075
22:1 undifferentiated	g	0.007	1	--	0.006	0.018
Fatty acids, total polyunsaturated	g	0.321	--	--	0.273	0.831
18:2 undifferentiated	g	0.012	2	--	0.010	0.031
18:3 undifferentiated	g	0.010	1	--	0.009	0.026
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.033	2	--	0.028	0.085
20:5 n-3 (EPA)	g	0.027	2	--	0.023	0.070

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 259g
22:5 n-3 (DPA)	g	0.010	2	--	0.009	0.026
22:6 n-3 (DHA)	g	0.220	2	--	0.187	0.570
Cholesterol	mg	37	2	--	31	96
Amino Acids						
Tryptophan	g	0.217	--	--	0.184	0.562
Threonine	g	0.849	--	--	0.722	2.199
Isoleucine	g	0.893	--	--	0.759	2.313
Leucine	g	1.575	--	--	1.339	4.079
Lysine	g	1.779	--	--	1.512	4.608
Methionine	g	0.574	--	--	0.488	1.487
Cystine	g	0.208	--	--	0.177	0.539
Phenylalanine	g	0.756	--	--	0.643	1.958
Tyrosine	g	0.654	--	--	0.556	1.694
Valine	g	0.998	--	--	0.848	2.585
Arginine	g	1.159	--	--	0.985	3.002
Histidine	g	0.570	--	--	0.484	1.476
Alanine	g	1.172	--	--	0.996	3.035
Aspartic acid	g	1.984	--	--	1.686	5.139
Glutamic acid	g	2.892	--	--	2.458	7.490
Glycine	g	0.930	--	--	0.790	2.409
Proline	g	0.685	--	--	0.582	1.774
Serine	g	0.791	--	--	0.672	2.049
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0